

VOICE OF THE RESIDENTS

VOL. XXIV, No. 8

BROADMEAD, COCKEYSVILLE, MD.

April, 2003

FUN, FREEDOM, AND COMFORT WITH FONTS



**CAN YOU READ THIS?
CAN YOU READ THIS?
CAN YOU READ THIS?
CAN YOU READ THIS?
CAN YOU READ THIS?**

By Bonna Nelson

When Rose Hijikata started to have some trouble reading the Broadmead telephone directory she started playing around with the fonts on her computer. She enjoys fooling around with the computer; but this was different, she was on a mission.

A Broadmead resident for thirteen years, and a charter member of the Spyglass Low Vision Support Group, Rose experimented with different types and sizes of fonts to produce a directory that she could read without straining her eyes. This article is produced in Bookman Old Style font, 18 points. Rose uses a Block Arial font, can you guess what size? (Answer: 23 points.) Both fonts are bold which enhance readability.

Next Rose shared the new large font directory with her friends who were tired of squinting or using a magnifying device to read the directory. They

(Continued on page 2)



(Continued from page 1)

all wanted the freedom and comfort that using a larger font brings.

Before long, Rose was also passing out large-font directories to residents on Hallowell and Taylor Halls and at the Spyglass Low Vision Support Group meetings. The list of residents who wanted or needed the larger font directory grew and grew.

The Administration gives Rose an updated directory and she types the

larger font version. She copies the list on the Administration's copier, and then distributes it. She chose to have the copies made on yellow paper because the yellow provides high contrast to the black print and thus also enhances readability.

Many users tell Rose that they could not get by without the larger font directory. Some say they wish staff and residents would use the larger fonts for all publications and notices.

How about you? What is your font of choice? Let us know your font preferences for Broadmead publications, type and size. Send a note to the Spyglass Low Vision Support Group, c/o Bonna Nelson in the Volunteer Office. And whenever possible: **ENLARGE YOUR FONTS!**

BROADMEAD'S COMPUTER LAB REOPENS

By Bill Mottley

On March 4th our instructor, Sharon Groh, described the three computer courses she will be offering to twenty-five residents who have been



Sharon Groh is an experienced computer instructor.

using the lab over the past five months. She also fielded their questions and demonstrated how to enroll in "Hotmail" free e-mail service.

Sharon is familiar to many of our residents as she was one of the instructors for Eldertek until that firm went out of business last year. Broadmead had been negotiating to buy their computers

when they were reclaimed by Eldertek on very short notice last January. Broadmead then donated three reconditioned central processing units and our



Sharon Groh provides one-on-one instruction to a Resident who is interested in using e-mail to communicate with her grandchildren.

Residents Association purchased oversize monitors and a printer for use with them.

Three courses will be offered to residents: Beginners' e-mail and Internet, Intermediate e-mail and Internet, and Searching and Surfing the Internet. Sign-up sheets will be posted on the bulletin board as courses are scheduled. Cost of each course is expected to be \$50.00 per person. Contact Bill Mottley for additional information.

LOW VISION SUPPORT GROUP

Meets on
Tuesday, April 15 at 11:00 am
in the Auditorium.

Ms. Catherine Rubin,
Librarian, Technology Outreach,
Maryland Library for the Blind

will discuss **"What's New?
Library Services
for Low Vision Clients."**

Call Bonna Nelson for information.
410-527-1900, Extension 3991.

ALL BROADMEAD VOLUNTEERS

Come to a
Volunteer Appreciation Reception

on **Thursday, May 1, 2003,**
in the Main Lounge and Auditorium
from **3:00 pm to 5:00 pm.**

Help us celebrate
National Volunteer Week.

**To obtain a copy of the large print directory,
contact Rose Hijikata in Q-7
or Bonna at 410-527-1900, Extension 3991.**



Broadmead Welcomes

By Betsy Griffin

Marjorie Wiest

C-5 410-771-5588 March 2003

Marjorie is a native Baltimorean and a graduate of Goucher College. Her mathematics major there inspired her interest in statistics in which she continued her studies at American University in Washington D.C. and The Johns Hopkins University. She worked briefly for the Maryland State Police before beginning her career in public administration as an employee of the Maryland State Personnel Department with which she remained until her retirement. She comes to Broadmead from her home in Lutherville where she was active at the Senior Center learning to play bridge and joining a reading group. She has been an active member of the First and St. Stephens United Church of Christ where as a member of a sewing group she helped to construct Raggedy Ann and Andy dolls. She has volunteered as a "phone-a-thoner" to solicit funds for the Goucher Alumni Fund and when settled here will consider our volunteer offerings.

IN MEMORIAM

Esther M. Beck

March 9, 1909

March 2, 2003

M. Agnes Traynor

September 19, 1921

March 3, 2003

Helen E. Skinner

March 14, 2003.

BOOK DISCUSSION GROUP

By Nancy Starnes

Monday, April 7 at 11:00 am

In the Auditorium



"Bel Canto"

By Ann Patchett

The discussion will be led by

The Reverend Dr. George Gray Toole

Retired Pastor of the Towson Presbyterian Church

History Committee Sets Book Goals

Working with Brenda Becker, Broadmead's Director of Public Relations and Planning, and with Paul Moore, a free-lance writer, members of the History Committee are planning to complete and publish by the end of the year a book commemorating the 25th anniversary of the opening of Broadmead.

The book will include accounts of the planning and building of Broadmead as well as stories detailing the experiences of residents over the years, the formation and activities of the Residents Association, and the role the *Voice of the Residents* has played over the years. Staff services will also be described, especially those that deal with continuing care.

A major aim of the book will be to portray life at Broadmead through the eyes of the residents and interviews have begun with both residents and members of the staff. In that regard, any who would like to be interviewed need only contact any one of the committee members, Brenda Becker at 410-785-7723, or Paul Moore at 410-433-5826.

Serving on the committee are Vivian Cord, Lois Forbush, Betsy Griffin, Karolyn Huffman, Kathaleen Kennedy, Catherine Motz, Pat Rodak, Lois Sexton, Alice Tobler and Brenda Becker. Additional input is coming from Lehman Guyton, Bob Davies, Colin MacLachlan and Rich Compton.

A number of companies that have supported Broadmead projects in the past have already contributed to the cost of producing the commemorative book and it is believed others will do so in the months ahead. Contributions will also be welcomed from any residents who would like to support the book project. Sales of the book to residents, staff and other interested parties will begin early in 2004.

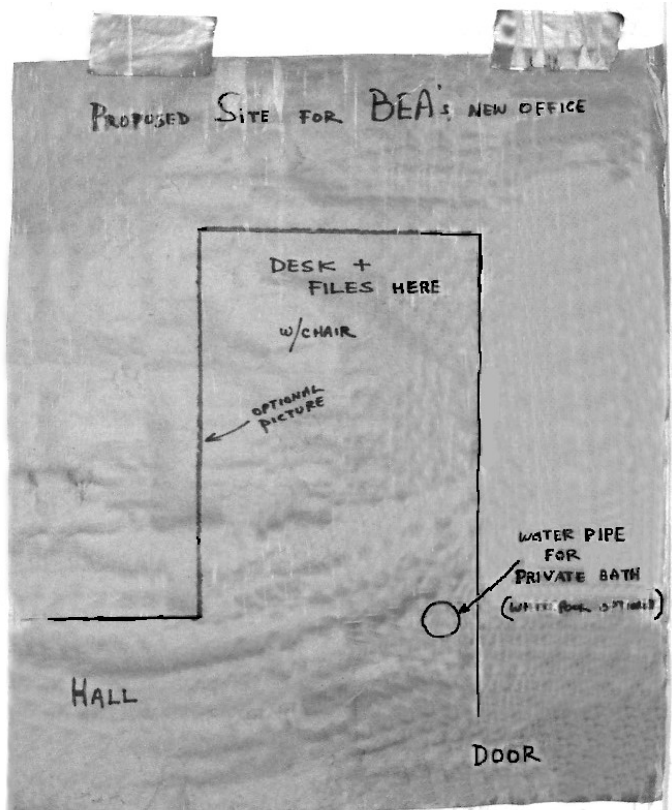
Moving Around Broadmead

Winifred Kinn

From J-6 to Stony Run 308

Jean Marsh

From C-13 to Comprehensive Care



IT'S A MYSTERY

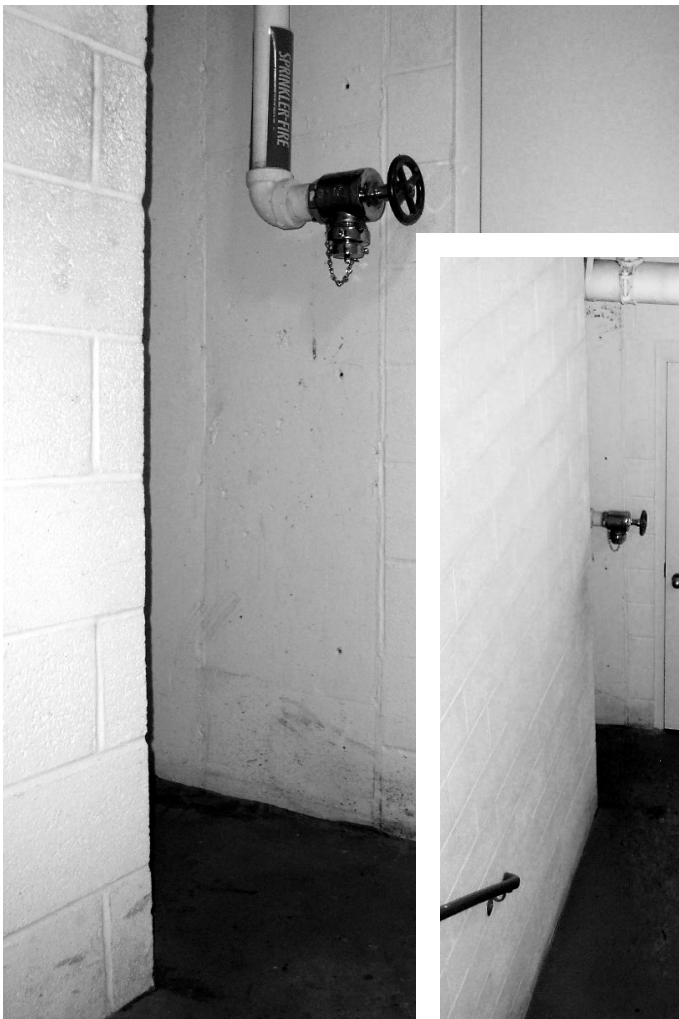
By Colin MacLachlan

Donna Smith was the first one to spot "it." The enterprising president of the Broadmead Residents Association (BRA) noted a sign in an alcove at the Center indicating that someone or something designated "Bea" or "BEA" was to have office space at this site. She asked the VOICE staff to look into the matter. The result is the following bit of doggerel and a challenge to you, the reader. Can you identify the site and solve the mystery?

Who Is Bea? Where She Be?

Oh say can't you see
There's an office for Bea
Tucked away in the
basement
And it's doubtless rent free.

Should you know how
to find it,
Where it is and
who Bea be,
You win the first prize,
And possibly the key.



OPD's QUESTIONNAIRE

Editor's Note: *Some months ago, Shelly Hubbert sent a questionnaire to a few residents asking them to help her update OPD's computerized records. Most of the Residents were polite and compliant in filling out the form. However, one Resident thought he/she had filled out one form too many and decided to have some fun with this one. I'm not sure what this unnamed Resident's objective was, but Shelly reports that the folks in OPD thought it was pretty funny; they were "rolling on the floor, laughing out loud." You, too, might find it amusing.*

Dear Resident,

I would appreciate it if you would take a few minutes and complete the questions listed below. I am updating my computer files that I use to create documents for your medical chart, and I notice that certain information is not complete on your file. Please do not feel this is mandatory. If you would rather not complete this form, please return it to OPD without completion. I thank you in advance for your time.

Shelley Hubbert,
OPD Office Manager

1. Do you have Advanced Directives? ie: Living Will. I guess so, my lawyer said I had to get a Will while I was living, because it would be a real mess if I waited until I died to do it.

2. Do you drive, or have self transport to medical appointments? Yes and no. I drive, but I can't take my car out because someone always grabs your parking space. They're real sneaky people here.

3. What type of "assistive" device do you use? I guess that would be the elevator. But people who don't need it ride in it too. I don't mind; we have a nice chat while waiting.

4. What is your marital status? S-M-D-M: Does the law allow you to ask such a personal question? You can't ask race, religion, sexual preference, and all that stuff.

5. Are you on a special diet? Everything we get is special, just ask Leroy, he'll tell you.

6. Average alcohol use is: It depends on the season. Naturally you drink more in the Christmas

season than in the middle of the hot summer. Unless you go to Mexico and get those huge Margaritas. Cruises make you drink more too, because there's nothing else to do. So it's not only season but also what activity is going on. I ask you: Can you average that?

7. Tobacco use: None. **Quit when?** 1975, 1976, 1978, 1979, and 1980.

8. Religion: Now there you go again prying into my personal life. What's between the Lord and me is none of your business.

9. Prior or current occupation: As the French say, "The more things change, the more they stay the same." So what do I work at - all the same stuff, art, cats, my son, clothes, studies, lectures, money, dates - only now I have a husband!

10. Age and cause of death of father/mother: Our tombstones in Woodlawn cemetery tell you what you want to know. Each stone has the name of the deceased, years of birth and death (you can do the subtraction), and apparently they all died of the same thing since each stone reads "R.I.P." I guess I'll die of the same disease.

11. Surgeries: I can't spell the dern things except that all end in "ectomy." Does that mean anything to you?

SNOW

When snow begins to fall
It drapes itself with light and delicious abandon
over all things.

It languishes in the hills and valleys
of boulders and tree limbs.

It thrills all it comes to rest on
As though it were a luxurious garment
custom-made for the enhancement of each.

Such artistry!

Carolyn Underwood

BROADMEAD'S CENTERPIECE: THE ROSE GARDEN

By Nancy Rowe

The Rose Garden has been the centerpiece of Broadmead from the beginning when George Conner, our professional "rosarian" resident, created it from a heap of rich soil. (Earlier, he had established the rose garden at the Flag House Museum.)

Residents, visitors and staff enjoy walking through it or viewing it from the main lounge where its peaceful design can be fully appreciated. However, as years go, by it is becoming more difficult to retain the opulent beauty of the roses in the garden. If roses are out of the question, other attractive plantings that are easier to maintain could replace them, but the overall design should be retained.

The design is a *Sanskrit Mandala Circle* representing a Hindu or Buddhist graphic mystic



The Rose Garden as seen from the Center a few days after February's Snow Storm of the Century.

symbol of the Universe. This circular pattern was regarded as an aid to meditation. Although there may be variations, the pattern is usually in the form of a circle divided into four separate sections. Its design is pleasing and restful; its symmetry expresses peace.

BIBLE STUDY

By Barbara Vosburgh

**Thursday, April 17 at 10:30 am
In the Fireplace Room.**

**Led by the Reverend Beverly Braine
Rector, Immanuel Episcopal Church.**

All Are Welcome

EASTER SUNDAY VESPERS

By Elsa J. Lundgren

**May 20 at 4:30 pm
in the Lounge**

**The Reverend Ronald E. Mattson, D. Min.
Executive Secretary, Baltimore Yearly Meeting
of the Religious Society of Friends**

Everyone Welcome

TRAIL DAY PREVIEW

Tuesday, April 22 - (rain date Thursday, April 24)

Come, see, and enjoy the spring wildflowers, walk the trails on our hillside. This year marks the Twentieth Anniversary of Broadmead's Nature Trails and Tenth Anniversary of our celebration of Trail Day.

As a special feature, we will hold a brief ceremony **in remembrance of Sarah Cooper** who initiated the idea of an annual Trail Day, shortly after she became a resident here. This gathering will take place at the Focal Point at 11:00 a.m. on Trail day. Martha and Andy Cooper, Sarah's daughter and son, have collected her nature essays into a little book printed in her memory. They will both be here to present a copy of the book to everyone who takes part in Trail Day. What better way to remember Sarah? We invite everyone to come and share this memorial gift - a unique reminder of Broadmead's natural beauty.

*Bill Eddison, Chair
Trail Committee*

In the Dining Room

By Ruth S. Williams

Part I- Food

What is your favorite Broadmead meal?

Filet mignon, roast beef, or veal,
With asparagus spears, snap peas,
Green salad, or broccoli with cheese?

Is poultry what you like the best,
From Cornish hen to turkey breast,
Chicken du jour and Maryland fried,
Southwest, barbecued, or pot pie?

The soups of the day are supreme:
Crab, clam chowder, and Navy bean,
Potato, tomato, and split pea,
Beef, artichoke, and celery.

Those who desire a healthy dish
Might want to eat some tuna fish,
Salmon, whitefish, rock, trout, or cod,
Though I'm glad they don't serve octopod.

The desserts are what I like the most,
Cakes, eclairs, pies, and fruit compote,
But if you take them all away,
Please leave me the crème brulee.

Part II- Health Talk

"Hello there, how are you today?"
I take some time to think what to say.
Shall I mention my dimming eye,
Migraine headaches, or aching thigh,

The seventeen pills that I take,
The hospital trips that I make
For EEGs and MRIs,
Ultra sounds, and upper GIs?

But I am only seventy-five
And very happy to be alive,
To swim, play scrabble, and to walk,
Laugh, and write, garden, and talk.

So when you ask how I may be,
I smile and drink my cup of tea.
"Thank you, I'm just fine," I say,
Then I eat my crème brulee.

Part III- Gossip

Look over there, in that chair.
Look over where, in which chair?
That handsome man by the wall

With that gal, the one who's tall.

They say she comes from Zanzibar,
Plays the harp, trombone, and guitar.
She had five husbands, by the way.
Last one she met in Mandalay.

What about that lady in gray?
I thought she was his fiancée.
She was, but they broke up last night.
He said that she was too uptight.

So if you want the latest word,
To hear the news you haven't heard,
To find out who is going with whom,
Then join us in the dining room.

HASTE MAKES WASTE

by Nancy Rowe

Run, run, run,
Go, go, go,
That's the life
I used to know.

Step, step, step,
Slow, slow, slow,
That's the speed
I now must go.

For if I rush
And stub my toe
My body says
"I told you so."

Thus I must try
To set my pace
To keep from falling
On my face.

RADIATION AND LIFE

By John Michener

Kenneth Strubler, GBMC's Radiation and Safety Officer and Director of Medical Physics, previously was a university professor and did cancer research. His presentation to an Open Forum on February 27 made the following points:

X-rays, perhaps the most important technological development in history, were discovered in 1895. The discovery of radioactivity from natural sources followed immediately, while radium itself was discovered in 1898. The public was fascinated by radium. Patent medicines included it as a cure for almost every disease. Glowing mixtures of radium and phosphorus led to such things as radium roulette, played in darkened rooms, and glowing alcoholic drinks.

The dangers associated with high radiation exposures soon became evident. The public became increasingly fearful as movies and fiction began to depict radiation as creating devastating threats to mankind, as in *Planet of the Apes* and *Dr. Strangelove, or How I Learned to Stop Worrying and Love the Bomb*.

Turning from perception to facts, on the average in the United States man-made exposures contribute 18 per cent of our total radiation exposure, the rest coming from natural sources. The man-made exposures come primarily from medical applications (including x-rays and nuclear medicine), fall-out from previous atmospheric nuclear bomb tests, industrial processes and everyday products (including such things as TVs, smoke alarms, and straying x-rays from airport baggage inspections). High level exposures, which come only from sources such as A-bombs, cause acute effects but there is no evidence that such intense exposures cause inheritable, or genetic, defects.

Lower level exposures can induce cancer but do not speed the aging process, affect the lens of the eye, or change the libido. These low level exposures can come from both natural background radiation and man-made sources. There is no way to distinguish cancers induced from these different low level sources. Statistical studies of populations have been made in an attempt to distinguish between the sources.

These studies have been based on a straight line extrapolation from effects at high exposure, which are known to be dangerous, to effects at low exposures, which assumes that there is no danger

from radiation if there is no radiation exposure. In the absence of a scientific consensus that there actually is a threshold below which there is no danger, this conservative approach concludes that risk is proportional to the exposure, no matter how low.

Using this approach it has been concluded that, on the average, eight days of life is lost due to natural background radiation, six days due to diagnostic x-rays, and one day due to occupational radiation. By comparison, smoking shortens life by 2,370 days, accidents by eight days, and catastrophes by four days. But even the comparatively small effects attributed to low-level radiation are dubious since they are based on the questionable assumption of strict proportionality. For example, long term studies of x-ray technologists, who have significant x-ray exposures, show no increase in cancers as compared to persons without such exposures. People living at higher altitudes, and thus exposed to much higher levels of cosmic radiation, do not have an increased cancer risk. On the contrary, there are hundreds of scientific studies showing radiation at low levels is actually beneficial.

Mr. Strubler hopes that public policy will be based on facts rather than public perceptions.

OPEN FORUM PROGRAM

Thursday, April 17, at 10:30 am in the Auditorium

By Sonia Blumenthal

"American Military Strategy, Today and Tomorrow"

Our speaker will be

Alexander S. Cochran

(son of our Cally Cochran),

Professor of Strategy and Policy,

Navy War College, Newport, Rhode Island.

Please note that Professor Cochran's presentation, originally scheduled for March 27, had to be postponed and be given a new topical emphasis. There are no other Open Forum Programs currently scheduled for April.

At War With the Constitution: Protecting Liberty While Defending Our Constitution

By John Michener

Michael Meyerson, Esq., addressed the Open Forum on this subject on February 13. Professor Meyerson teaches Constitutional Law and American Legal History at the University of Baltimore Law School.

The framers of our Constitution feared any person who had unrestricted power. Even George Washington, the hero of the American Revolution who presided over the Constitutional Convention and was acknowledged as the person who would become the first president, was not to be entrusted with unchecked power. The only way to prevent governmental abuse of power was to have the branches of government check and balance each other. The electorate itself could not be trusted to hold power without Constitutional checks and balances.

Under the Constitution only Congress can declare war. So how can one explain the "police action" in Korea or the "Gulf of Tonkin" resolution with regard to Vietnam? The lower courts have studiously avoided deciding challenges to Congressional authorizations for Presidential decisions as to whether military actions should be undertaken against foreign countries. The lower courts have rejected such challenges as being premature in the absence of actual hostilities, not appropriate during actual military operations, or too late once hostilities have ceased. But Professor Meyerson thought there were indications that, if the basic issue were ever reached, the Supreme Court might hold Congress could not delegate its war making power to the President.

Do emergencies, such as declared or undeclared war, give rise to emergency powers? The Supreme Court held during the Korean war that President Truman had no emergency power to seize the steel mills to stop a strike and ensure continuing steel production for the then ongoing military effort. One Justice stated "emergency powers" lead to emergencies, rather than vice versa.

Strong public sentiments inform the decisions of Congress and the courts, and in times of stress and fear can lead to actions that are later seen to have been unwarranted or even unconstitutional, such as the internment during World War II of all Japanese, even those with U.S. citizenship, living on the west coast.

We are now taking measures to fight terror - protective measures that may prove to be unneeded or unconstitutional. The courts are unlikely to declare these measures unconstitutional during this time of justified fear.

The CIA was recently authorized to conduct operations within the U.S. This is troubling since it eliminates the wall between the CIA's constitutionally uncontrolled spying abroad and the FBI's restricted and court-monitored domestic surveillance activities. This weakens Constitutional protections within the United States.

Another cause of deep concern is the Administration's concept of "enemy combatant," which has no Constitutional basis, particularly when used to hold U.S. citizens in violation of Constitutional requirements and safeguards. It is Professor Meyerson's belief that the courts will ultimately reject such use.

One of the numerous questions dealt with the Administration's refusal to have the U.S. join the International Criminal Court. Professor Meyerson saw the issue as difficult. There is a pressing need for such a court but it is not clear what checks and balances would prevent the court from abusing its power. Such checks and balances are basic to the American constitutional system.

Newly Arrived Residents

Magdalena Reissig	L-17	410-771-0339
Barbara "Bobbie" Siebens	N-5	410-527-0284

BROADMEAD MOVIES



*Tuesday Movies by Walter Lane
and Harriet Duncan.*

*Saturday Movies by Fran Beasley
and Jeanne Stephenson.*

Tuesday, April 1

THE DISH

2003, 104 minutes, 3 stars, PG, Australian.

A delightful comedy, based on a true story of how an unlikely Australian community put itself on the map by having the only satellite dish that could track the progress of Apollo 11 in the Southern Hemisphere as it made its way to the moon.

Tuesday, April 15

THE CASTLE

1997, 84 minutes, 3 stars, R, Australian.

Winning comedy of the unsophisticated Kerrigan family, whose home sits atop a toxic landfill---adjacent to an airport runway! When Dad decides to fight the government to keep their ramshackle abode, watch out. Equal parts Capraesque, goofy and heartfelt.

Saturday, April 19

THE CORN IS GREEN

1979, 93 minutes.

During early 1900 in Wales, an English-woman relocates to a mining community where she sees children working in the mines. She starts a school for them. One student achieves beyond her hopes. Starring Katharine Hepburn and Jan Saylor.

Tuesday, April 22

STRICTLY BALLROOM

1992, 94 minutes. 3 stars, PG.

Spirited, allegorical musical about a young, competitive ballroom dancer who outrages his mother and the "establishment" by insisting on dancing his own provocative steps, while taking on a new ugly-duckling partner. Starring Paul Mercurio and Tara Morice.

Tuesday, April 29

ALMOST FAMOUS

2000, 122 minutes, 4 stars, R

Director Cameron Crow won an Oscar for writing this appealing autobiographical story of a guileless 15-year-old boy who wants to write about rock music and goes on the road with a band for *Rolling Stone* magazine in the 1970s. Newcomer Patrick Fugit is perfect as the boy, Frances McDormand is a delight as his over-protective mother, Kate Hudson is adorable as the band follower who

wins him over, and Billy Crudup is right on target as a charismatic musician. This one's from the heart.

GENERAL SATURDAY PROGRAM

Saturdays at 7:15 pm in the auditorium.

By Margaret Proctor

April 5

WHAT'S DOWN THERE?

Under Water Archaeology in Maryland

Susan Langley

State Under Water Archaeologist for
Maryland Historical Trust

April 12

MARYLAND GHOST AND GHOST HUNTING TIPS

Beverly Litzinger

Ghost Hunter & Para-Normal Investigator

April 26

LIBERTY SHIPS AND THE JOHN W. BROWN

Patrice Flack

Maritime Historian

O

O, life is like a doughnut, and
As through this life we roll,
Keep your eye upon the doughnut
And not upon the hole.

One of Ted Wilson's favorite sayings .

LET'S DANCE

By Walter Lane

With the George Hipp Trio

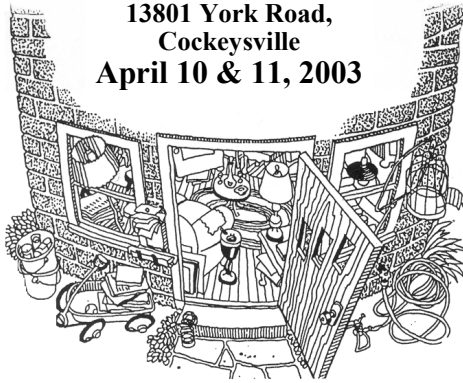
Everyone welcome to dance
or just to enjoy the music.

Monday, April 14 at 7:00 pm
in the Lounge.



BARN SALE AT BROADMEAD

13801 York Road,
Cockeysville
April 10 & 11, 2003



Thursday, April 10

7:30 to 8:30 am

Employees, Trustees and Residents ONLY

8:30 am to 3:30 pm

OPEN TO ALL COMERS

Friday, April 11

9:00 am to 12:30 pm

OPEN TO ALL COMERS

MEN'S and WOMEN'S CLOTHES (In the Auditorium)

BAKED GOODS (Thursday only)

FLEA MARKET THIS 'N THAT

CHINA KITCHEN WARES

FURNITURE APPLIANCES

GIFTS JEWELRY

BOOKS LINENS

SHOES HANDBAGS SUITCASES

VOICE of the RESIDENTS
Volume XXIV, No. 8
April, 2003

* * *

Published September through June
Broadmead Residents Association
Donna S. Smith, *President*

Robert W. Davies, *Editor*

Contributors to this issue:

Fran Beasley, Sonia Blumenthal,
Linda Chick, Harriet Duncan,
Bill Eddison, Betsy Griffin,
Shelley Hubbert, Walter Lane,
Elsa Lundgren, Colin MacLachlan,
John Michener, Paul Moore,
Bill Mottley, Bonna Nelson,
Margaret Proctor, Marjorie Rhoades,
Nancy Rowe, Harry Scott,
Nancy Starnes, Jeanne Stephenson,
Carolyn Underwood, Barbara Vosburgh,
Ruth Williams and Ted Wilson.

Photos by:

Bob Davies, Bonna Nelson
and Nancy Rowe.



Broadmead

13801 York Road

Non-profit Org.
U.S. Postage
PAID
Cockeysville, MD
Permit No. 5

